



5th - 16th October 2026 Programme

Mental health issues
can affect us all.
These weeks aim to
reduce stigma, ignorance,
and promote greater
understanding.

Take time for your mind.
www.mhaw.org.uk

Kindly sponsored by



Framework
For your future

Monday 5th October:

Quilting and textiles

Nottingham Women's Centre textile creatives. Bring along your own knitting, sewing, and textiles to work on in a warm and inclusive environment.

🕒 1 – 4pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

Contact reception on **0115 941 1475** for further info. (Also, Oct 12)

Tuesday 6th October:

New Changes Drop-In

Come along and find out what's happening at the Women's Centre and get information about other sources of advice and support.

🕒 10am – 12pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

No need to book – just drop in! Contact reception on **0115 941 1475** for further info. (Also, Oct 13)

Mindful Sketching with Niche Artefact

This calming hands-on experience invites you to slow down and express yourself through simple intuitive drawing. No experience needed, all materials provided, open to everyone 18 and over.

🕒 3 – 5pm

📍 Nottingham Central Library, 1, Carrington Street NG1 7FH

For more info on this or other events at Nottingham City Libraries please see www.nottinghamcitylibraries.co.uk/nmhaw/

Transphoria

We are a social group for young people aged 13 – 17 who are trans and/or gender diverse. We meet weekly to promote a safe and inclusive space to access social support and community.

🕒 5 – 6.30pm

📍 Café Sobar 22, Friar Lane, Nottingham NG1 6DQ

For more info contact transphorianotts@hotmail.com

Wednesday 7th October:

Broxtowe Carer Support Group

Meets monthly.

🕒 10am – 12pm

📍 Resource Centre, 74, Middle Street, NG9 2AR

Run via the Nottingham / Nottinghamshire Carers Hub

Singing for Fun

🕒 10.15 am

📍 Middle Street Resource Centre, 74 Middle Street, NG9 2AR

For more info email singforfunnottm@gmail.com

Thursday 8th October:

Wollaton Walled Garden Project invites you to an Open Day

Look round our fabulous walled garden and see the progress we've made at restoring walls and maintaining the gardens and grounds. Bring your ideas and enthusiasm! Refreshments available.

🕒 10.30am – 4pm

📍 Wollaton Park, Wollaton Road, Nottm NG8 2AE

Situated at Wollaton Park (access through Mr Mans car park). For more info, please see friendsofwollatonpark.org.uk/walled-garden

Tricky to Talk Social

A relaxed pressure-free atmosphere to chat over a brew, play cards, or darts, and connect with others in a social space.

🕒 6 – 8pm

📍 Garibaldi Lounge, The City Ground, Nottingham NG2 5FJ

Sign up via the Nottingham Forest Foundation program page, or email trickytotalk@nottinghamforest.co.uk for further details referencing Tricky to Talk Social. Free.

Tough Talk

Recognising distress earlier, reaching in sooner, preventing suicide.

🕒 7 – 8pm

📍 Nottingham City Library 1, Carrington Street NG1 7FH

Delivered by Steve Whittle. For people aged 16 and over. Visit gigantic.com and search Tough Talk to book.

Friday 9th October:

Free Legal Advice Drop-Ins

Family Law Group will be offering FREE legal advice drop-in sessions.

🕒 9.30am – 12pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

No need to book – just drop in! Contact reception on **0115 941 1475** for further info. (Also, Oct 16)

Saturday 10 Oct (World Mental Health Day)

Reflect, Release, and Realign

Come and EXPLORE, get ENERGISED, and feel EMPOWERED with Nick and Jess of the 3E Space.

🕒 1.30 – 8pm

📍 Nottingham City Library 1, Carrington Street NG1 7FH

Stationery and water provided but feel free to bring your own. Booking: www.eventbrite.co.uk/e/reflect-release-realign-tickets-1998480944302

* Winner of the Feel Good Book to be announced by Nottingham City Library

(see outer cover for further details on how to vote for your favourite or catch us on the Nottingham and Notts Mental Health Awareness Week's Facebook page [@nnmhaw](https://www.facebook.com/@nnmhaw))

Monday 12th October:

(See Monday 5th)

Tuesday 13th October:

Notts in Mind

Weekly session hosted by Trent Bridge Community Trust. Using sport to boost mental well-being.

🕒 1.30 – 3pm

📍 The Lenton Centre, Willoughby Street, Nottingham NG7 1RQ

For more info please ring **07486327403** or email olivia.maclie@trentbridge.co.uk (Also, Oct 6)

Music and Poetry Event

🕒 6 – 7pm (doors open at 5.30pm)

📍 Middle Street Resource Centre, 74, Middle Street, NG9 2AR

Join Wayward Will and friends for an extravaganza of music and poetry.

Wednesday 14th October:

Singing for Fun

🕒 10.15 am

📍 Middle Street Resource Centre, 74 Middle Street, NG9 2AR

For more info email singforfunnottm@gmail.com

Thursday 15th October:

Crafty Club

Come along and join in with some of the craft projects on offer in an informal and friendly environment, chat, have a coffee and meet new people!

🕒 1 – 3pm

📍 Nottingham Women's Centre, 30 Chaucer Street, Nottingham NG1 5LP

Contact reception on **0115 9411475** for further info. (Also, Oct 8)

Friday 16th October:

Menopause Café

Chat all things menopause, with beverages and optional cake!

🕒 2 – 3.30pm

📍 Café Sobar, 22 / 24, Friar Lane, Nottingham NG1 6DQ

Contact Pam on **07976549988** for more details.

Check out our website for further information on upcoming events in October
www.mhaw.org.uk



What's on and other news:

Saturday 3rd October:

Oxjam 2026 Beeston Music Festival

12 hours of live music at multiple venues throughout Beeston

🕒 All day

Full event information and ticket details will be found on:

www.nottinghamcitylibraries.co.uk/reading-groups/

Come along and enjoy!

Sunday 4th October:

Yoga with Sonja

🕒 10 – 11am (First sunday of every month. Free.)

📍 Wollaton Hall

Exchange Magazine - Peer Support in the Community

Exchange Magazine is With-you Consultancy's dedicated publication focused on peer support and connection through story sharing. Connection with others and the embedding of community is so important for us all at this time. This is why we have chosen to theme our latest edition: Peer Support in the Community.



Please explore the articles in this edition and let us know:

<https://with-you.co.uk/services/magazine-publishing>



You can get in touch with With-you here!

<https://with-you.co.uk/contact>

Nottingham Recommends: Feel Good Books*

Nottingham City Libraries has launched a campaign to find Nottingham's favourite feel good book and is asking people to vote for their favourite from a shortlist chosen by library staff and volunteers.



The winner will be announced on Oct 10th (World Mental Health Day) See the shortlist and add your vote on:

www.nottinghamcitylibraries.co.uk/nottmrecs-feel-good-books/



The programme for Nottingham City Libraries Mental Health Awareness Week's can be found on:

www.nottinghamcitylibraries.co.uk/nmhaw/

Nottingham's 34th MHA Weeks aim to be informative and friendly

Mental Health Awareness Weeks (MHAW) was started in Nottingham by a small group of people with lived experience and carers in 1992, timed to include World Mental Health Day on October 10th.

Thank you to everyone who has been involved in Mental Health Awareness Weeks over the past 34 years. There has been fun, laughter, and a few tears! We have been given the opportunity to attend so many innovative and creative events that touched the lives of us all, and continue to do so...

Finally, we must never forget the wonderful friendships and connections that been forged in love and, at times, adversity. Without you all none of this would have been possible!

NB Glen, you have been a star as ever!

In memory

In memory of Rosemary, Gladys and Glenis, the founders of MHAW's.

Powerful advocates of human rights and action— their compassion and kindness will live on in our memories. Next year marks the 35th anniversary, let's honour their outstanding contribution and do them proud!

MHAW Chair & Co-ordinator

Pam Abbott **07976 549988**

Keep updated

To find out more or to keep up to date with MHAW events please visit:
www.mhaw.org.uk or like us on Facebook **Nottingham and Notts Mental Health Awareness Weeks @NNMHAWS**

